

Success Story

Woodside Middle School (Saydel CSD)

Bottle Filling Stations Are A Hit!

2014-15 School Year



Summary

The Woodside Middle School received funding to increase water availability. The funding allowed the purchase of an additional water cooler with a bottle filler placed immediately outside of the gymnasium.

Water bottles were also purchased for all students. The water bottles hold 18 ounces, have a flip top to decrease spills and feature the Saydel Eagle logo.



Success Strategies

The water bottles were given to students right before Iowa Assessments. It was strategically planned so they would all have water access and stay hydrated while test taking. Here is feedback from students:

"Having a water bottle to use at school is great because we have the bottle fillers and not all kids have a water bottle. Now everyone can drink the filtered water."

"I am so happy that all kids have the same water bottle."

"We need to drink more water and this will make that happen."

Students are carrying their bottles and utilizing the bottle fillers!



Challenges

With older schools and older plumbing, there can be challenges with installation of the Filling Stations. Our supervisor of Buildings and Grounds had experience with plumbing and everything was able to work.

Adding a space on the bottles for students to write their names for identification purposes would have been a good idea. Future purchases of water bottles would add a small white bar below the eagle logo. Teachers and students have been creative and used different materials to label bottles with student names.

Results

This grant has been helpful in updating and providing students with top notch equipment for hydration. The bottle fillers are used frequently by students and teachers.



Contact

Angela Mitchell, RN, BA
Consultant
Iowa Department of Education
Grimes State Office Building
400 East 14th Street
Des Moines, IA 50319
angela.mitchell@iowa.gov
515-725-2626

Teacher:

Amy A'Hearn, RD, LD
Director of Food Service
Saydel Community School District
5740 NE 14th Street
Des Moines, IA 50313

Future Directions

There is one additional site within the gymnasium that would be ideal for a bottle filling station. However, it would require more electrical work so it would not be an easy installation. The school district will continue to promote hydration along with overall wellness. As new classes of 5th graders move into the Woodside Middle School they will be offered water bottles so they can use the filling stations.

Grant Information

Funding for this project was made possible (in part) by the Centers for Disease Control and Prevention through a cooperative agreement with the Iowa Department of Public Health and the Iowa Department of Education